

INVITED EDITORIAL

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Crystallization in the nephron

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Abstract Recent experimental studies on the crystallization of calcium salts at different nephron levels support the theory that the initial formation of calcium concrements starts with an intratubular crystallization of calcium phosphate (CaP) and calcium oxalate (CaOx). CaP seems to be the initial crystallization product in pure CaP and mixed calcium phosphate–calcium oxalate (CaPCaOx) concrements, with the formation of CaP crystals at a nephron level above the collecting duct. Urinary macromolecules and cellular degradation products most probably promote this process. During the passage through the collecting duct, CaP might partly or completely dissolve at the lower pH encountered there. This might result in an increased concentration of calcium and hence an increased supersaturation with CaOx, which in turn can bring about a heterogeneous nucleation of CaOx on or around preformed CaP crystals or crystal aggregates. The final result will be mixed CaOxCaP or pure CaOx concrements. Pure CaOx concrements might also be the result of an initial CaOx crystallization at nephron levels above or in the collecting duct under conditions with a high urinary excretion of oxalate. Whether intratubular crystallization of calcium salts results in the formation of small harmless crystals excreted with urine or calcium stones appears to be determined by a complex process, involving kinetic factors that influence crystal growth and crystal aggregation and crystal retention.

Key words Calcium phosphate · Calcium oxalate · Nephron · pH · Urinary macromolecules

Introduction

Most urinary concrements are localized to the upper parts of the collecting system, and many concrements have signs of previous attachment to the calyx lining [15, 16, 76, 77]. This indicates that the formation of urinary concrements starts either in the calyceal space or at a nephron level. Bladder urine has a composition similar to that in calyces, although the concentration of some urinary macromolecules such as glycosaminoglycans is higher in bladder urine than in calyceal urine [24].

Bladder urine has a high inhibitory activity, a property that is obvious when whole voided urine is used in crystallization experiments, as excessive amounts of calcium or oxalate have to be added to start calcium oxalate (CaOx) crystallization within a reasonable period of time [8].

Crystalluria is a common finding in both recurrent stone formers and in normal subjects [25, 88], although recurrent stone formers excrete larger and more aggregated crystals than normal subjects [33, 78, 89, 103]. The common occurrence of crystalluria despite the appreciable inhibitory activity of whole urine makes it reasonable to assume that crystallization of calcium salts is initiated in the nephron, where the concentration of inhibitory macromolecules is much lower than in final urine.

Several reports in recent years have supported the theory that calcium salt crystallization is initiated within the nephron [5, 17, 20, 32, 46, 54, 59–61, 84], most probably as an intratubular event [44, 61]. There is no doubt, however, that crystal retention caused either by a trapping of crystal masses or by an interaction between crystals and cells is of great importance for the development of small harmless calcium crystals to urinary concrements [10–12, 46, 59, 66, 101, 102]. Knowledge of the crystallization of calcium salts in nephron urine has been obtained from in vitro experiments [5, 42, 61, 69, 96, 98] as well as in vivo experiments [32, 46, 49, 54].

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In vitro studies

In 1978 Finlayson and Reid [27] claimed that the formation of a urolith in the upper urinary tract could not start as a free precipitated particle. In their calculations they used published data on tubular dimensions, crystalluria, urine flow and oxalate excretion. It was concluded that even under conditions at which all oxalate was allowed to precipitate at the fastest rate, the transit time of 3 min through the nephron was too short for CaOx crystals to grow to a size at which they would be trapped in the duct of Bellini.

In a recent publication, however, Kok and Khan [59] used new information and concluded from recalculations that it was possible to form CaOx crystals large enough to be trapped in the duct of Bellini. The difference between these contradictory results was mainly explained by crystal aggregation, which in contrast to crystal growth is a very fast process occurring in seconds. Other important issues were that variations in the tubular intraluminal diameter cause different flow velocities in different nephron segments, and the fact that the opening of the duct of Bellini at the papillary tip is not circular with a diameter of 200 μm , but rather split like: 7–23 μm wide and 60–120 μm long [50, 59]. Kok and Khan also considered the fact that nephrons had both short and long loops of Henle, with the majority being short. The transit time of urine through the nephron depends on the length of the loop of Henle, and the ion composition will differ between long and short loops. Furthermore attention was focused on variations in the urinary flow and the excretion of oxalate, which resulted in periods with peaks of CaOx supersaturation at high nephron levels.

Coe and coworkers [5, 17, 20] concluded from micropuncture data obtained in rats that the urine in the loop of Henle might be highly supersaturated with respect to calcium phosphate (CaP), whereas the collecting duct urine would be supersaturated with CaOx. In experiments in vitro with solutions with a composition corresponding to that of urine in the descending limb of the loop of Henle, precipitation of CaP was recorded under conditions with a high phosphate concentration.

Recently interesting data on the intratubular crystallization of calcium salts have been presented by Kok [60, 61]. On the basis of micropuncture studies in animals he extrapolated data to the ion composition at different levels of the human nephron. He concluded that CaP crystals could form during the transit of urine through the nephron segments above the collecting duct, with precipitation of CaP starting in the loop of Henle.

Literature data on urine composition at different nephron levels together with extrapolation from urine and blood concentrations of relevant urine constituents were used to derive approximate supersaturation levels in different part of the nephron [69]. The ion-activity

products of CaOx (AP_{CaOx}), hydroxyapatite (AP_{HAP}) and brushite (AP_{Bru}) were calculated with the EQUIL2 program [104]. From these calculations it was concluded that the risk of CaP precipitation was high at levels above the collecting duct (CD; i.e. final urine), whereas in CD urine the risk was most pronounced for CaOx precipitation (Table 1). The ion composition in different parts of the nephron used in these calculations is summarized in Table 2 [42].

Important risk factors for the precipitation of CaOx and CaP are urinary pH and the excretion of calcium, oxalate, phosphate, citrate and magnesium [92–95]. These variables are subject to a considerable variation during the day and might differ from day to day and between different periods of the year [4, 91]. This normal variation might thus result in periods with a high risk of CaP precipitation as well as a high risk of CaOx precipitation. Inasmuch as a high excretion of calcium is a common finding in recurrent stone formers [80, 95], and the fact that also small changes in concentration of oxalate are considered an important risk factor in stone formation, we found it important to study how the crystallization of calcium salts at different nephron levels was affected by increased calcium and oxalate concentrations.

With an increased concentration of calcium, CaP was the initial precipitate in solutions with an ion composition corresponding to that in urine above the CD, and the highest relative risk of CaP precipitation was found in solutions simulating urine from the distal part of the

Table 1 The ion-activity products for calcium oxalate (*CaOx*), hydroxyapatite (*HAP*) and brushite (*Bru*) at different nephron levels

	AP_{CaOx} ($10^8 \times \text{M}^2$)	AP_{HAP} ($10^{48} \times \text{M}^9$)	AP_{Bru} ($10^7 \times \text{M}^2$)
Proximal tubule	0.103	34.0	0.87
Distal tubule, proximal part	0.102	0.023	0.46
Distal tubule, distal part	0.154	0.079	0.76
Collecting duct, end	1.95	0.366	4.21

Table 2 Ion composition of salt solutions corresponding to that of urine in different parts of the nephron

Concentration (mmol/l)	Proximal tubule	Distal tubule		Collecting duct
		Proximal part	Distal part	
Calcium	2.78	1.32	1.04	4.50
Magnesium	0.09	0.12	0.41	3.85
Phosphate	1.00	1.25	4.17	32.2
Oxalate	0.01	0.013	0.04	0.32
Citrate	0.08	0.10	0.35	3.21
Sodium	139	82	96	106
Potassium	3.20	0.95	22.5	63.7
Sulphate	3.30	4.20	13.8	20.8
pH	6.75	6.45	6.45	5.80

distal tubule [69]. In another study, approximate estimates of AP_{CaP} and AP_{CaOx} in distal tubular urine were derived by extrapolation from the 16-h urinary excretion of calcium, oxalate, citrate, magnesium and phosphate [97]. The pH was assumed to be 6.45 and others ions of importance for the ion-activity products were considered constant. The conclusion from these calculations was that the diurnal variation in urine composition and pH might result in peaks of CaP supersaturation in distal tubular urine, sufficiently high to result in CaP nucleation.

Solutions with a composition similar to that in the loop of Henle were not used in these experiments, but there is evidence that the risk for CaP precipitation is greatest in the thin descending limb of the loop of Henle [5, 17, 20, 60, 61]. Inasmuch as this segment is only permeable to water the urine at this level has an increased concentration of phosphate and calcium and a pH around 7.4.

Irrespective of the nephron level at which CaP first forms, the results from all experiments referred to indicate a high risk of CaP crystallization at nephron levels above the CD, particularly during periods with a high alkaline load and a high excretion of calcium and phosphate.

Although urine is supersaturated with CaP at nephron levels above the CD and with CaOx in the CD (Table 1), a homogeneous nucleation of calcium salts in urine is less likely. A homogeneous nucleation of CaOx is conceivable only in highly supersaturated and perfectly clean solutions without any impurities. Urine contains macromolecules, tubular cells, tubular membranes and various other types of cellular debris, which all might act as possible promoters for CaP as well as CaOx nucleation [22, 23, 31, 48, 49, 72, 73, 82, 83, 99, 106].

From the distal part of the distal nephron (DTd) to the end of the CD urine is mainly subjected to the reabsorption of water and a reduction in pH. To simulate this process experimentally, DTd solutions were evaporated in the presence and absence of dialysed bladder urine from normal men at various starting pH values [38]. At pH levels below 7.2 urinary macromolecules in dialysed urine apparently promoted CaP nucleation and counteracted the development of large CaP crystals [37, 38]. From these results it was not possible to conclude whether the smaller crystals formed in the presence of dialysed urine in solutions with a starting pH below 7.2 were the result of inhibition of crystal growth, inhibition of crystal aggregation or both. Inhibitory effects of urinary macromolecules on the growth of CaP crystals and aggregation of CaOx crystals have been reported by several authors [18, 21, 34, 36, 55, 57, 64, 81, 86–90, 105]. It has been claimed that an enhanced CaOx crystal aggregation is one of the most important factors that distinguishes stone formers from normal subjects [56, 58, 79, 85]. By spectrophotometric assessment of the sedimentation rate of hydroxyapatite (HAP) crystals in DTd-like solutions urinary macromolecules proved to be

strong inhibitors of CaP crystal aggregation. This effect apparently was augmented by citrate in concentrations above 0.5 mmol/l [40]. In another experiment in which HAP seed crystals were added to salt solutions with an ion composition corresponding to that in the CD, scanning electron microscopic examination of the precipitate, formed as a result of volume reduction, disclosed smaller and less aggregated crystals in the presence of urinary macromolecules [39]. These studies suggest that urinary macromolecules have a complex effect on the initial crystallization of CaP and CaOx, promoting nucleation and inhibiting crystal growth and aggregation.

Most urinary calcium stones contain CaOx as the major component and CaP as a minor component [19, 95], and it is of note that CaP is often found in the core of the stone [14, 65, 75]. These findings indicate that CaP might be the initial crystal phase in mixed calcium stones, and a heterogeneous nucleation of CaOx induced by CaP has previously been reported by several authors [2, 7, 9, 29, 30, 62, 70, 71, 74, 88].

CaP formed in nephron segments above the CD might partly or completely dissolve during passage through the CD as a result of the lower pH encountered there [41, 61, 96, 98]. This dissolution may result in a substantially increased local concentration of calcium and hence an increased supersaturation with CaOx. Under these conditions heterogeneous nucleation of CaOx on or in the surroundings of dissolving CaP crystals might be possible (Fig. 1) [39, 41, 96, 98]. During the further passage through the CD these CaPCaOx crystal masses might increase in size by further growth and aggregation [42]. This process is enhanced by insufficient inhibition of growth and aggregation, which has been demonstrated by several authors [1, 18, 21, 26, 34, 35, 57, 58]. The ensuing large crystals might then be trapped at the tip of the papilla [59] or retained by crystal/cell interaction. Crystal/cell interaction might be affected by several urinary macromolecules that act either on the crystal surface or on the epithelial cell [66–68, 101] and it is reasonable to assume that under conditions with a low crystallization inhibitory power in urine, kinetic processes such as crystal growth, crystal aggregation and crystal/cell interaction will all be favoured [28, 67, 100, 101].

Whether the crystal mass is retained intratubularly or internalized by the tubular cells, a stone nidus will finally be localized to the tip of the papilla, where further growth and aggregation in the supersaturated calyceal urine might continue [50]. It can be expected that the complete dissolution of CaP crystals in the CD gives rise to pure CaOx crystals.

In vivo studies

While in vitro studies often focus on one aspect in calcium stone formation, in vivo studies consider the whole crystallization process. Most in vivo studies

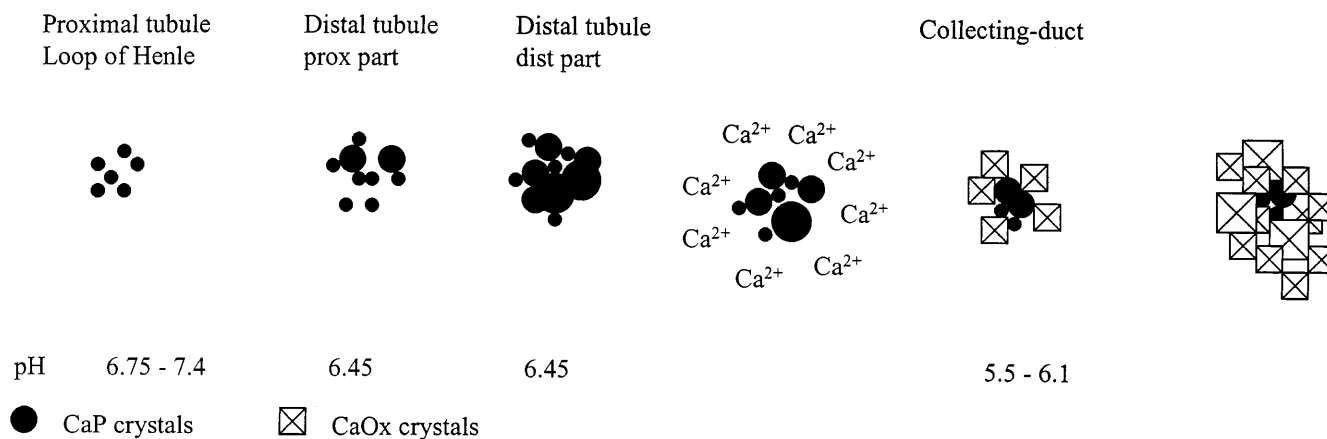


Fig. 1 Tentative model for the initial intratubular events in the formation of mixed calcium phosphate (CaP)–calcium oxalate (CaOx) concrements. The process is most probably modified by urinary macromolecules and cellular degradation products

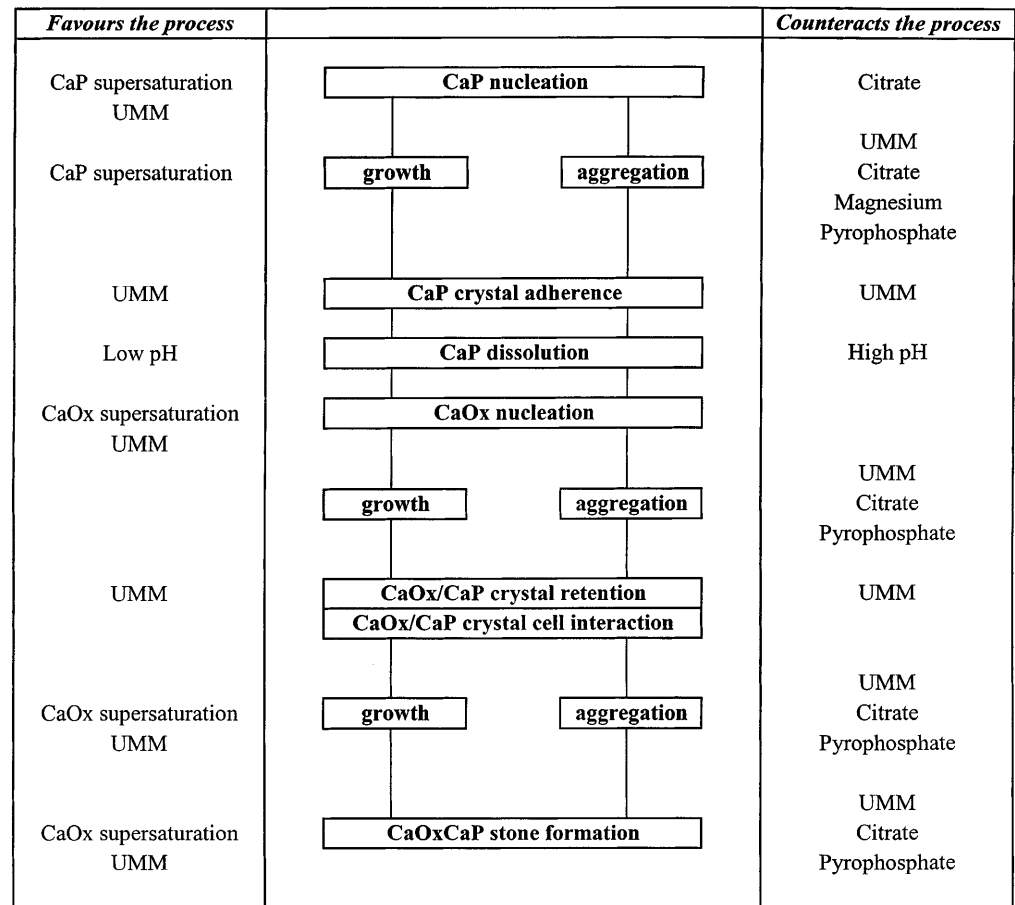
concerning the crystallization of calcium stones have been carried out in rats. In these models hyperoxaluria has been induced by intraperitoneal or intravenous injections of oxalate [43, 46] or by a diet of ethylene glycol with or without ammonium chloride [10, 13, 51]. In these animals crystals were first identified intratubularly and later both intracellularly and interstitially [13, 50, 47]. De Bruijn and co-workers [13] found that although crystals were not present in the more proximal parts of the rat nephron after several days of recovery from a diet resulting in moderate hyperoxaluria, crystals were identified in the papillary region, both free in the calyceal space and subepithelially surrounded by interstitial cells. Khan and coworkers in numerous experiments studied the crystallization process in rats subjected to either acute or chronic hyperoxaluria [43, 45, 46, 51]. They showed that in acute hyperoxaluria CaOx crystals were initially recovered in the proximal tubules [46]. The same was found in animals with moderate and excessive hyperoxaluria, whereas in rats with mild hyperoxaluria, crystals initially were observed in the distal nephron segments [51]. It is, however, important to be aware of the fact that results in animal models cannot be directly extrapolated to the situation in humans. Firstly the hyperoxaluria induced often is unphysiological, with supersaturation levels probably not encountered in most idiopathic stone formers, even when the diurnal variations in calcium and oxalate excretion are considered. Another important issue is that the high oxalate concentration counteracts an initial CaP crystallization. Nevertheless experimental *in vivo* models have increased our understanding of the initial event in calcium salt crystallization, and the animal experiments also support the idea that the crystallization process starts as an intratubular event and that crystal retention is an extremely important factor for the development of urinary concrements.

Conclusion

Intratubular urine is supersaturated with respect to CaP, CaOx or both, with supersaturation levels favouring the precipitation of CaP in urine at nephron levels above the CD and CaOx in the CD [5, 17, 20, 42, 52, 60, 61, 69, 96, 98]. Urinary macromolecules such as Tamm-Horsfall protein, nephrocalcin, uropontin, urinary prothrombin fragment 1, glycosaminoglycans and inter- α -trypsin inhibitor as well as low molecular weight substances such as citrate, magnesium and pyrophosphate are probably of great importance as determinants of the intratubular development of CaP and CaOx crystals. It is reasonable to assume that under certain conditions, CaP formed at a high nephron level might partly or completely dissolve in the CD when the pH is low [41, 42, 61, 98]. This might result in an increased local concentration of calcium and hence an increased supersaturation with CaOx. This makes CaOx precipitation on or adjacent to the preformed CaP crystals possible. Whether the CaP crystal mass causes a heterogeneous nucleation of CaOx on the CaP surface, or the nucleation of CaOx in the highly supersaturated urine is promoted by urinary macromolecules or other factors attached to the CaP crystal mass, is not known. *In vitro* studies have shown clearly that CaP can induce heterogeneous nucleation of CaOx [3, 63, 70] and in a recent paper by Khan [53] it was postulated that the heterogeneous nucleation of CaOx most probably was induced by urinary macromolecules and cellular degradation products, inasmuch as these substances were intimately associated with CaP crystals. Whatever the final mechanism might be, CaP formed at high nephron levels is obviously of importance for the subsequent formation of CaOx in the CD. Probably only under conditions with a very high urinary excretion of oxalate will CaOx be the primary crystal type at nephron levels above the CD [59, 61, 69].

From the results discussed in this review it appears important that the initial crystallization events are studied under conditions simulating those in the nephron, whereas studies on the final steps in the development of a stone most appropriately should be made in whole urine. In experiments with whole urine it is important to be

Fig. 2 Some factors of importance for the development of a calcium renal stone.
UMM urinary macromolecules



aware of the alterations in composition that might result from the preparation technique [6].

An overview of the different mechanisms that might contribute to the formation of calcium stones in the renal tract is given in Fig. 2.

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